

## WHAT IS CLAIMED IS:

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1. Lactic fermenting products of ginseng prepared by the fermentation of ginseng with lactic acid bacteria capable of bio-converting ingredients of ginsenosides.
  
- 5 2. Lactic fermenting products of ginseng as claimed in claim 1 wherein said ginseng is selected from the group consisting of dry ginseng powder, ginseng treated by acid, ginseng treated at high temperature and ginseng treated under pressure.
  
- 10 3. Lactic fermenting products of ginseng as claimed in claim 1 or claim 2 wherein said lactic fermenting products of ginseng comprises at least one ingredient selected from the group consisting of Compound K(20-O- $\beta$ -D-glucopyranocyl-20(S)-protopanaxadiol), ginsenoside Rh1 and ginsenoside Rh2, and  $\Delta^{20}$ -ginsenoside Rh2.
  
- 15 4. Lactic fermenting products of ginseng as claimed in claim 3 wherein the total amount of (Compound K+ginsenoside Rh1), (ginsenoside Rh1+ginsenoside Rh2), (ginsenoside Rh2+  $\Delta^{20}$ -ginsenoside Rh2+ginsenoside Rh1) or (Compound K+ginsenoside Rh1+ginsenoside Rh2) is respectively in the ratio of more than 0.1 with respect to the amount of (ginsenoside Rc+ginsenoside Rd+ginsenoside Rb1+ginsenoside Rb2+ginsenoside Re+ginsenoside Rg1).
  
- 20 5. Lactic fermenting products of ginseng as claimed in claim 1 or claim 2 wherein said lactic acid bacteria may be at least one selected from the group of bifidobacterium K-103, bifidobacterium K-506, bifidobacterium cholerium KK-1, bifidobacterium minimum KK-2, bifidobacterium H-1 and bifidobacterium KK-11.
  
- 25 6. A ginseng yoghurt comprising lactic fermenting products of ginseng as claimed in claim 1 or claim 2.
  
- 30 7. The ginseng yoghurt as claimed in claim 6 wherein lactic fermenting products of ginseng are incorporated into said ginseng yoghurt through the fermentation process wherein both milk and ginseng are fermented together.

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8. The ginseng yoghurt as claimed in claim 7 wherein said lactic acid bacteria may be at least one selected from the group of bifidobacterium K-103, bifidobacterium K-506, bifidobacterium cholerium KK-1, bifidobacterium minimum KK-2, bifidobacterium H-1 and bifidobacterium KK-11

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9. The ginseng yoghurt as claimed in claim 6 wherein said lactic acid bacteria can suppress the intestinal harmful bacillus and/or suppress the activity of the intestinal harmful enzyme and/or to suppress the proliferation of cancer cells.

10 10. Bifidobacterium KK-1(KCCM-10364).

11. Bifidobacterium KK-2(KCCM-10365).

12. Bifidobacterium H-1(KCCM-10493).